



This is the book to get if you can only buy one book or just want to read one volume on schizophrenia!! *The **Complete Family Guide to Schizophrenia** is a must read for all board members and staff of the national and provincial schizophrenia societies in Canada, especially in light of the proposed new mission statement under consideration.*

-Chris Summerville, Executive Director, Manitoba Schizophrenia Society, Inc.

Published this month by The Guilford Press, this volume by Kim T. Mueser, PhD and Susan Gingerich, MSW is a complete revision of **Coping with Schizophrenia** with extensive updated information. Not only do the authors document, endorse and support the recover model, they offer clearly written, easy to read information on understanding the illness of schizophrenia, how to head off relapse, reduce symptoms, improving communication skills and conflict management, handling stress, solving family problems, planning for the future and learning about recovery. It is a positive, hopeful and "optimistic guide."

As Dr. William T. Carpenter, Jr., MD with the Maryland Psychiatric Research Center says, "Mueser and Gingerich cover all the bases to guide you along the road to recovery."

"The authors provide state-of-the-art tools for mastering the extraordinary challenges that schizophrenia poses," says Dr. Ken Duckworks, MD of Harvard Medical School. Composed of six sections or parts, they are:

An Overview of Schizophrenia (Schizophrenia: The Basics, Diagnosis and Symptoms, Creating a Vision of Recovery, Comprehensive Treatment of Schizophrenia, Community Resources)

Special Issues for Family Members (Parents, Siblings, Spouses and Partners, Parenting and Children),

Preventing Relapses (Medication, Managing Stress, Developing a Relapse Prevention Plan, Responding to Crises)

Creating Supportive Environment (Communicating Effectively, Solving Problems, Establishing Household Rules and Sharing Responsibilities)

Coping with Specific Problems (Psychotic Symptoms, Negative Symptoms, Cognitive Difficulties, Anxiety, Depression, Alcohol and Drug Abuse, Anger and Violence, Lack of Insight)

Improving Quality of Life (Social Relationships, Work and School, Independent Living and Self-Care Skills, Leisure and Recreation, Dealing with Stigma, Planning for the Future.

The official description found at Amazon is:

"Do people with schizophrenia ever get better? With the vast majority of those with the disorder dependent on their families for care, close relatives often grapple with that question. "The Complete Family Guide to Schizophrenia" inspires hope. Authors Kim T. Mueser, PhD, and Susan Gingerich, MSW, walk readers through a range of treatment and support options that can lead to a better life for the entire family. Individual chapters highlight special issues for parents, siblings, and partners, while other sections provide tips for dealing with problems including cognitive difficulties, substance abuse, and psychosis. Families learn to help their loved ones manage day-to-day tasks, develop friendships, and set personal life goals. Like no other book, this powerful, practical resource helps families stay connected to the individual behind the disorder so they can work together toward recovery."